

## Moon and Month

Our words, moon and month, both come from the Sanskrit root mas, meaning to measure.

## Much Dirt in London

The total cost of keeping London clean is said to be approximately \$2,000,000 a year.

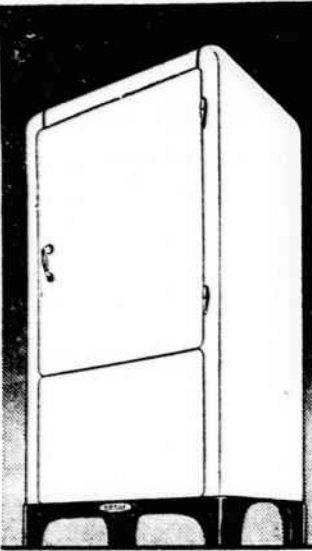
## Before you buy a new Refrigerator



Spend a few minutes with this *Interesting Book!*

THIS is not "just another advertising booklet." It is a book of information about the development of modern refrigeration, written by Howard E. Blood, President of Norge Corporation. It is free of charge and it will surely pay you to read it. Come and get a copy. Or, if you prefer, phone and we will send it to you.

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## Fish Fallacies Are Here Exposed

"Old wives' tales" have saddled notions on nations and have done much to impede health and happiness.

One of these fallacies is to the effect that fish should not be eaten with certain other foods. This fallacy has probably contributed food that is both delicious and beneficial to health and growth. It has meant in many cases that we swallow fish extracts as medicine, whereas a diet including fish regularly would obviate the need for such medicine.

**More Fallacies**  
Fallacy 1. That fish should not be eaten at the same meal with milk. This idea has reared children of bone and tooth making lime, which fish and shellfish furnish more abundantly than any other food. The lack of sense in this notion is obvious, for people have for generations eaten with delight and relish, oyster soups, oyster and clam stews, chowders, and cream sauces on fish.

Fallacy 2. That fish is fresh only on Friday! This might have been so in the past, but today with motorized vehicles and fishing craft transporting fish swiftly, with efficient refrigeration and with modern sanitary methods, every day is fresh fish day.

Fallacy 3. That it is not safe to eat fish in inland districts. Due to swift transportation and modern methods of freezing and frosting fish, the most remote districts as well as the sea coast today receive fish that is both fresh and wholesome.

Fallacy 4. That fish is expensive. There are no tough muscles, gristles, or great fatty masses in fish that cannot be eaten. Therefore the waste in fish is less than many other foods. Due to the meat shortage, meat is rising in price. There is no appreciable rise in fish prices.

Finally, fish and sea food are being eaten today because they are known to be valuable protein foods. Besides, fish contains more iodine and more lime than is to be found in other foods; as well as copper, iron, manganese, phosphorus, sulphur and vitamins A and D. Their rich dietetic makes it wise to eat more fish, thus helping to stave off goitre, anemia, pellagra, rickets and other ills, as well as promoting health and growth.

**Sweetbreads**  
Sweetbreads usually are the thymus glands of calves or young cattle. The sweetbreads in lamb are small and seldom marketed. The pancreas of animals is sometimes called sweetbreads.

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## THE WORLD OF GROCERIES

ALICE LOUISE KEOGH

**80,000 BEES, TRAVELING OVER 75,000 MILES, ARE REQUIRED TO MAKE ONE POUND OF HONEY.**

**AMERICA CONSUMES 60% OF JAPAN'S ANNUAL PRODUCTION OF 4,000,000 CASES OF CRABMEAT**

**THE OLDEST COMMON GARDEN VEGETABLE IS PEAS.**

## What You Ought To Know Before You Start a Pie

The most sinned against of all foods is the pie. If all the leathery, scaly or undone pies were to pass from view, the idea of a pie being indigestible would vanish with them. Use a reliable recipe for your pastry, even then the pie may be a sorry one, as much of the success depends on the baking. A pastry shell should be baked at 500 degrees for 12 minutes. In a double crust pie, as cherry pie, the oven should be 450 degrees and remain in the oven 40 minutes, the last ten minutes reduce heat to 400 degrees.

**Blackberry Pie**  
3 tablespoons flour  
1 quart blackberries  
1 cup sugar  
Dots of butter  
2 tablespoons lemon juice.  
Prepare berries. Add sifted dry ingredients to the berries. Mix well and turn into a pie pan lined with pastry. Sprinkle with flour. Sprinkle lemon juice over mixture. Cover with a pie crust. Bake.

**Strawberry Pie**  
1 quart strawberries  
1 cup sugar  
1 cup water  
3 tablespoons cornstarch dissolved in 1/2 cup of water  
1/2 pint whipping cream  
Remove stems and wash strawberries with 1 cup cold water and 1 cup of sugar. Allow to boil 20 minutes. Strain through a wire sieve, crushing the berries with a spoon. Throw away the pulp and return liquid to the pot. Add the cornstarch which has been dissolved, to this. Stir constantly, allow to cook to a thick syrup. Cut remaining strawberries into halves and pour boiling syrup over them. Chill. Pour whipped cream in a baked pastry shell. On the top of the whipped cream place the strawberry mixture.

**Apricot Caramel Tarts**  
Cook together 1 tablespoon butter, 1/4 cup brown sugar, 1/4 cup white sugar, 1 tablespoon of water until thick and brown. Beat 1 egg yolk lightly, mix 1 teaspoon cornstarch with the syrup from an 8 ounce can of apricots and combine with the egg. Add caramel mixture and cook in a double boiler until thick. Pour into six baked tart shells in which apricots have been arranged. Top with meringue.

**Apple Pie**  
5 tart apples  
1 tablespoon sugar  
1/2 teaspoon salt  
3/4 cup quince jelly  
1 teaspoon butter  
2 teaspoons lemon juice  
1 teaspoon shortening  
1 cup water  
1/4 cup sugar  
Line a deep pie tin with pastry. Over this arrange apples, wiped, cut in eights, cored and pared. Over apples sprinkle sugar and salt. Dot with quince jelly, add lemon juice and butter. Put on upper crust and press edges together but do not prick. Dot over with shortening and bake. Cook apple parings with 1 cup water until liquid is reduced to 1/2 cup. Strain, add 1/4 cup sugar and boil until reduced to 3 tablespoons. Cut opening in upper crust while warm and pour in syrup with a teaspoon.

**Cocoanut Tarts**  
4 tablespoons butter  
1/2 cup sugar  
1 cup grated cocoanut  
1/2 teaspoon baking powder  
Cream butter, add sugar slowly.

## Culinary Jingles by Marcia Camp

When Pharaoh's enterprising daughter  
Found little Moses by the water,  
It seems the lucky child had handy  
What has become of our favorite candy!

**AN ANCIENT SWEET**  
HAD YOU ever suspected that the ancestor of the modern marshmallow first saw the light of day in ancient Egypt of the Pharaohs? The mallow plant with its big, pink flower grew in Egyptian marshes, just as in American marshes today, and the Egyptians gathered its roots, dried them and pulverized them to make one of their favorite confections. So, though the Egyptian "marshmallow" was probably not much like its American descendant, still the latter has distinctly oriental connections.

That is not the reason for the name of Oriental marlow, but it might be. Oriental marlow is really an orange-tinged ice cream, and a very superior one because it is also a marshmallow ice cream. Even if frozen without stirring in the refrigerator, it is creamy, smooth, and free from ice crystals. It may also be made in an ice cream freezer, without the labor of agitating. Or, simply use a mold with a tight-fitting cover sealed with adhesive tape, and freeze in an ice-salt pack.

Marshmallows have this magical power to make ice creams frozen without stirring as velvety as those which are continually agitated. The pure cane sugar, corn syrup and gelatin which go into their making combine to form a perfect "protective colloid" which defies crystallization. So when you use this recipe you may be sure that not only the flavor but the texture will be something very special.

## HELPFUL HINTS FOR GOOD HOUSEKEEPERS

To be sure apples keep their color while cooking first place them in cold water to which a little lemon juice has been added.

Don't heat soup too quickly and never allow it to boil.

A shallow pan of water placed in the oven will prevent scorching while baking.

Saucers, plates and other dishes set directly on ice in the refrigerator will not slip if an ordinary fruit jar rubber ring is placed under each.

Always hang up stockings to dry by the toes, then they will not sag out of shape.

Extra night gowns make good slip covers for dainty evening gowns hung away in the closet—keeping all dust and dirt from the delicate materials.

Ink spots can be removed from washable clothing by soaking in milk.

Iron rust stains which so often get on the nicest clothes can often be removed by soaking and then rubbing the stained area in lemon juice to which a little salt is added.

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## My Favorite Recipes

Frances Lee Barton says:—

**SUNDAY morning breakfast** is such a perfect time to become acquainted with your family! And how we do enjoy it in our house. It seems to me that it's the only time in the whole week that I can get my family together long enough really to appreciate them! So let's manage to have something "extra special" such as this coffee cake. You'll find this recipe for it particularly good... for the secret of all cakes is: "Keep it light!"

**Nut Crumb Coffee Cake**  
2 cups sifted cake flour; 2 teaspoons double-acting baking powder; 1/2 teaspoon salt; 3 tablespoons butter or other shortening; 1 cup sugar; 1 cup milk; 1/2 teaspoon vanilla.  
2 tablespoons sugar; 1/2 teaspoon cinnamon; 1/4 cup soft bread crumbs; 2 tablespoons melted butter; 2 tablespoons chopped walnut meats.  
Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar gradually, and cream together well. Add flour, alternately with milk, beating after each addition until smooth. Add vanilla. Turn into greased pan, 9x9x2 inches. Combine sugar and cinnamon, mix with crumbs, and add melted butter and nuts; sprinkle over cake. Bake in moderate oven (350° F.) 45 minutes.

## Shad Roe As Cooked by a World Famous Chef

The season for shad roe is about over, but the following recipe probably will appeal only to those who can afford to buy shad roe in tin cans, anyway. The Independent borrows this recipe from George Rector, famous New York restaurateur of other days:

**Shad Roe With Ravigote Butter**  
2 cups water  
2 slices onion  
2 slices lemon  
1 bay leaf  
1 teaspoon whole mixed spices  
19 whole black peppers  
1 teaspoon salt  
Few celery leaves or sprigs of parsley.

2 pair shad roe  
2 tablespoons butter  
Add onion, lemon and seasonings to water in skillet, bring to boiling point slowly. Add roe, simmer gently for 5 minutes. Remove from pan. Melt butter, saute roe until lightly browned on both sides. Arrange roe hot platter and spread with ravigote butter.

**Ravigote Butter**  
1/4 pound (1/2 cup) butter  
Parsley  
Watercress  
Spinach  
1/4 cup minced chives  
2 scallions, minced

Dash of salt and cayenne  
1 teaspoon lemon juice  
Cream butter thoroughly. Mince 3 or 4 sprigs of parsley and watercress, and 3 or 4 spinach leaves. Place in a sieve, pour over boiling water and allow to drain thoroughly. Add chives and scallions, force through sieve, and combine with butter. Add salt, cayenne and lemon juice. Mix thoroughly and spread on roe.

## HOW TO COOK YOUR DANDELION GREENS

Probably one of the most attractive things about dandelion greens

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